

Live > [Work](#)

How Introverts Can Nail A Job Interview, According To An Expert

The quiet needn't worry about one of life's most daunting experiences.

Courtney Thompson

Whimn.com.au 🕒 AUGUST 1, 2018 3:01PM



Job interviews are difficult for the best of us, for introverts, they're downright torturous. I was once speaking to an friend who's an introvert about job interviews and he told me that they freak him out so much that he's just happy if he comes out of one having spoken for a few minutes let alone having wowed the interviewers with his charm and intelligence - of which he has plenty if you get to know him well. But that's the problem, for introverts, putting yourself out there is difficult enough, then there's the added pressure of going for a job interview.

Speaking to people management expert Karen Gately, introverts especially struggle with coming across as confident in interviews because they aren't as quick to respond as extroverts. She tells us, "Introverts like to think things through before speaking compared to their extroverted colleagues who are far more comfortable speaking off the cuff. Therefore, introverts can often lack confidence in their ability to think on their feet and respond to questions asked of them."



Karen Gately, people management expert. Photo: Supplied

Luckily though, it's not all bad news. Gately says that introverts aren't doomed from the start, they just need to have faith in their ability going in. "What matters most is the depth of their capability and ability to articulate how they are able to be successful in the role," she says, "Having confidence in their suitability for the role is an essential starting point to enabling introverts to speak with clarity and conviction."

In terms of practical advice, there are four things introverts can do to ensure they nail an interview:

1. **Be okay with taking your time to respond.** Gately says, "Most employers value a considered response and are unlikely to be concerned if you take a moment to reflect."
2. **Workshop possible questions and responses beforehand.** According to Gately, "It's important not to come across as scripted but having a plan can go some way toward reducing the nervousness you feel."
3. **Make a list of your accomplishments.** It will "help your ability to quickly recall examples you can share," says Gately.
4. **Rehearse.** Gately recommends that you "Ask someone to ask you the questions you've planned and practice saying out loud what you need to in the interview."

From there, it's just believing in your preparation and remembering to breathe.

Karen Gately is a people management specialist and can be found [here](#).